

Excursion Regional Workshop

2007 Website Program Description

The Hemi-Sync® Excursion Workshop is a results-oriented program designed to assist participants in expanding their awareness, developing latent dimensions of creative intelligence, discovering a new sense of certainty and purpose, and applying their full potential to all areas of life.

Excursion participants learn through listening to CD exercises and participating in group discussions how to achieve Focus 10 (Mind Awake/Body Asleep) and Focus 12 (Expanded Awareness), reaching deep states of consciousness in one weekend that normally take years of meditation to reach.

This two-day adventure into expanded states of awareness facilitates profound relaxation, deep contemplation, increased intuition, and communication with the higher self and with related energies. Participants learn how to take control of the expanded state of consciousness they choose to experience.

Specifically designed exercises with the Hemi-Sync® audio-guidance technology form the core of the workshop, together with instructor explanation, participant discussion, and supportive group interaction. Important personal revelations are commonplace during an Excursion.